



Vol. 46, No. 29 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Aug. 5, 2005

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Load 'er up



photo by Master Sgt. Val Gempis

Staff Sgts. Brian Higgins, foreground, and Raymond Norris, both aircrew life support technicians from the 459th Airlift Squadron here, preposition survival equipment inside a UH-1N Huey helicopter before an over-water sortie. The Airmen provided life raft, life preserver units, survival vests, minimum survival kit and emergency breathing system equipment for the aircrew. The 459th AS provides responsive airlift for distinguished visitors, priority passengers and time-sensitive cargo vital to U.S. national security in the Pacific Region. The unit executes a \$4.2 million flying hour program also operating C-21A aircraft.

Base invited to festival

Local community celebrates annual event with dancing, shrine-carrying, traditions

By Capt. Warren Comer
374th Airlift Wing Public Affairs

Many festivals take place in a number of cities around Yokota Air Base this month, but the festival that Airmen and their families are usually familiar with is Fussa's Tanabata Festival.

The 55th Fussa Tanabata Festival takes place at the west side of Fussa Station through Sunday and includes hundreds of food booths, open shops selling discounted goods, a mikoshi (portable shrine) parade and other forms of entertainment each day.

Tanabata means the "star festival." It's celebrated on the seventh day of the seventh month according to the lunar calendar, which falls in August. The Tanabata Festival is based on an old Chinese legend in which the two stars of Altair and Vega, on opposite sides of the Milky Way galaxy, come together one time a year.

Anyone traveling through Fussa should already see many of the red lanterns adorning sides of the streets and shops in preparation for the festival to begin.

As parts of Yokota Air Base fall within the borders of Fussa City, everyone is encouraged to visit the festival area and experience Japanese culture first-hand.

The Pacific Air Forces Band of the Pa-

cific-Asia will have a ceremonial band march through the streets of Fussa at the beginning of the festival on Friday from 2:45 p.m. to 3:15 p.m.

In addition, approximately 50 Airmen from the base are participating in the festival as mikoshi carriers during a parade from Shin-mei Shrine to Fussa City Hall. The parade takes place from 3:30 p.m. to 6 p.m. on Aug. 5.

According to Japanese tradition, mikoshi are paraded through the streets once a year in order to give the "kami", or god, a chance to leave the shrine and experience the world. Many carriers will bounce up-and-down as they walk through the streets to give the kami an enjoyable time. Some of the best mikoshi carriers can even throw it into the air and catch it before it crashes to the ground.

Most of the special events will take place at Fussa City Hall. They include taiko (drum) performances, music, dancing and karate exhibitions.

A map of Fussa City can be picked up at the Yujo Recreation Center. Yokota residents should walk from Fussa Gate to the festival locations as many of the roads will be closed or overly congested.

The Tanabata Festival starts at 1 p.m. each day and ends at 9 p.m.

(Information provided by <http://www.japan-guide.com>)

Wing commander: focus on professionalism

Colonel encourages Airmen to be ready to do mission

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

Enlisted members of the 374th Airlift Wing received guidance on Air Force Instruction 36-2618 and the United States Force - Japan and Fifth Air Force commander's philosophy on unwavering professionalism through a series of briefings Aug. 2 at the base theater.

Col. Scott Goodwin, 374th Airlift Wing commander, spoke about changes to the AFI to include professional standards and responsibilities of Airmen in all three tiers of the enlisted force structure.

"Our effectiveness as an Air Force depends on the enlisted corps," said Colonel Goodwin. "With 80 percent of the force composed of enlisted members, you are what makes or

breaks the Air Force."

The colonel touched on changes to terminology referring to Airmen and their responsibilities at the tactical, operational and strategic levels.

"All of our enlisted Airmen need to be mentally, physically and morally fit to perform the mission," said Col. Goodwin. "We need to take care of ourselves and our fellow Airmen – our wingmen."

Colonel Goodwin also re-emphasized the message that Lt. Gen. Bruce Wright, USFJ/5AF commander, in the pamphlet "Our Commitment to

Unwavering Professionalism."

"As a member of the Samurai Wing we often refer to the Bushido Code," said the colonel. "It mirrors our core values and the values of our sister services – no matter what we call it, it is a foundation for professionalism."

The colonel cited examples highlighting how Air Force members can meet the expectations of professionalism while serving in Japan, strengthening the ties between Japan and the U.S. rather than undermining the work of 99 percent of the force.

"Ninety-nine percent of the

enlisted force 'get-it' but there's still one percent who don't and they drag the rest of us down. To those of you who get it, thanks. We need to identify that one percent and help those Airmen try to get it or help them out of the Air Force. Accountability is the key to meeting our goal of zero off-base incidents."

Yokota's enlisted force had the opportunity to ask questions and share concerns following Colonel Goodwin's comments. Look for responses to questions in the August 19 edition of the *Fuji Flyer*.

ORI countdown: 218 days

Air Force offers Airmen medical field opportunities

RANDOLPH AIR FORCE BASE, Texas – Airmen have two opportunities for higher medical education.

The Air Force is taking applications for the Doctor of Physical Therapy Program which begins Dec. 17, 2006.

Only active-duty Airmen who possess a baccalaureate degree or those who are in the final semester prior to receiving a degree that in-

cludes this program's prerequisites may apply.

The selection board is scheduled to convene at the Air Force Personnel Center here in December. Completed applications must be sent by military personnel flights and arrive at HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB TX 78150-4729 no later than Nov. 25. Incomplete applications or those received after

the cutoff date will be returned and will not meet the selection board, said AFPC officials.

The Air Force is also taking applications for Physician Assistant Phase I training classes beginning January, April and August 2007.

The selection board is scheduled to convene at the Air Force Personnel Center here March 21. Completed applications must be sent by military personnel flights

and arrive at HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB TX 78150-4729 no later than Jan. 27. Incomplete applications or those received after the cutoff date will be returned and will not meet the selection board, said AFPC officials.

For more information, on program prerequisites, including required coursework and application procedures, visit [http://](http://www.afpc.randolph.af.mil/medical/BSC/Education/ptweb05.doc)

www.afpc.randolph.af.mil/medical/BSC/Education/ptweb05.doc.

For more information about the physician assistant program, call the local military personnel flight at 225-8966, the education office at 225-7337 or visit [http://](http://www.afpc.randolph.af.mil/medical/BSC/Education/PAapplication.htm)

(Courtesy of Air Force Print News)

Combat Readiness Detractors: helping the 1 percent 'get it'

(Special note from 374th Airlift Wing command chief master sergeant: This section is being added to the Fuji Flyer because we as leaders will hold those that choose not to live our Air Force core values accountable. We want all Airmen to make quality decisions concerning their on- and off-duty behavior. It is up to you to live our core values through unwavering professionalism.)

The following individuals received nonjudicial punishment during June and July:

A senior airman received a suspended reduction to airman first class, 45 days extra duty, 45 days restriction and forfeitures of \$250 pay per month for two months for drunk and disorderly conduct.

An airman first class received a reduction to airman, 21 days extra duty, 21 days restriction and a reprimand for obstructing justice by asking other Airmen to make false official statements regarding a traffic accident.

A senior airman received a reduction to airman first class, 21 days extra duty, 21 days restriction, forfeitures of \$200 pay per month for two months and a reprimand for obstructing justice by asking other Airmen to make false official statements regarding a traffic accident.

An airman first class received a suspended reduction to airman, 14 days restriction and forfeitures of \$323 pay per month for one month for dereliction of duty for leaving a sponsored guest unattended.

An airman first class received a reduction to airman, 45 days extra duty, 45 days restriction and a reprimand for drunken driving.

An airman first class received a suspended reduction to airman, 30 days restriction and forfeitures of \$773 pay per month for one month for dereliction of duty for failing to show for drug testing.

An airman first class received a suspended reduction to airman, 30 days restriction, 14 days extra duty and a reprimand for disrespect to an NCO.

A staff sergeant received a forfeiture of \$200 of pay per month for one month and a reprimand for failure to come to work on time.

A staff sergeant received a reduction to senior airman and a reprimand for failure to come to work on time.

An airman first class received a reduction to airman, a suspended reduction to airman basic, 60 days restriction and a reprimand for dereliction of duty for underage drinking.

An airman first class received a reduction to airman basic, 45 days restriction and 45 days extra duty for drunken driving and fleeing the scene of an accident.

A major received forfeitures of \$1,400 pay per month for two months and a reprimand for making a false official statement and conduct unbecoming an officer for operating a Web site featuring inappropriate material and soliciting Air Force members to visit an adult resort.

An airman first class received suspended reduction to airman, 30 days extra duty and forfeitures of \$300 pay per month for two months for dereliction of duty for sleeping on duty.

A senior airman received a reduction to airman first class, a suspended reduction to airman and 15 days extra duty for dereliction of duty for sleeping on duty and misusing his Government Travel Card.

An airman first class received a suspended reduction to airman, 45 days extra duty and a reprimand for failure to pay a debt.

An airman first class received a reduction to airman, 45 days extra duty and a reprimand for failure to come to work on time.

An airman first class received a suspended reduction to airman, 30 days extra duty, 30 days restriction and a reprimand for dereliction of duty for having an underage visitor in his dorm.

(Courtesy of 374th Airlift Wing Legal Office)

Coalition: Withdrawal to be conditions-based: WASHINGTON (AFPN) – The withdrawal of

U.S. troops from Iraq will be based strictly on security conditions in the country and the readiness of Iraqi forces to conduct independent operations, a Multinational Force Iraq spokesman said.

The United States will not withdraw forces until Iraqi security forces meet conditions to be established by a joint commission, said a public affairs spokesman.

The commander of Multinational Force Iraq said substantial troop reductions could begin as early as spring or summer if the insurgency is put down and Iraqi forces are ready to handle the security mission.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Geren designated acting Air Force secretary: SAN ANTONIO (AFPN) – The president designated Pete Geren to be the acting Secretary of the Air Force on July 29, replacing Michael L. Dominguez.

Mr. Geren, who was special assistant to the secretary of defense, assumes his new office as directed in Title 10, United States Code and Air Force directives, Air Force officials said. He took the Department of Defense post in September 2001 with responsibilities in the areas of interagency initiatives, legislative affairs and special projects.

rights under an October 2001 bilateral agreement to end coalition use of Karshi-Khanabad airfield.

The Uzbek government delivered a note July 29 to the U.S. embassy giving 180 days to withdraw U.S. forces.

Uzbek officials said coalition use of the base was always meant for a short duration and specifically for the purpose of providing operational support for forces in Afghanistan and providing humanitarian aid to the northern part of that country.

AD

Community readies for open house weekend

Aircraft, music entertainment to be featured during annual festival

By Airman 1st Class
Katie Thomas
Editor

Send in the festivities.

From food to aerial demonstrations to music, the annual American-Japanese Friendship Festival will be in full swing Aug. 20 to 21.

Some of the base's premier cultural and musical groups are

also scheduled to perform. The Band of the Pacific-Asia's Pacific Trends, the Samurai Taiko Drum Team, and the Tanabata Dancers are slated to take the stage during the morning of Aug. 20.

Festival-goers can show off their strength during the Yokota Strong Man Challenge Aug. 21 beginning at 3 p.m. at the outdoor stage. Log cleans, bucket raises, tire flips and more will de-

termine who can out-muscle the rest. A guest exhibition is also scheduled. To sign up for the event, contact the base fitness center at 225-8889.

Talent will be on display during a special presentation from Fussa TV Aug. 21 at the indoor stage in Hangar 15. The Japanese talent search show "What's Up" will hold a two-hour final round beginning at 5 p.m.

Aerial demonstrations include high-altitude, low-opening (HALO) personnel drops to rappelling from UH-1N Huey helicopters both afternoons.

More than 50 base private organizations will be offering services from food and drinks to face painting. There will also be more than two dozen aircraft hailing from Misawa to Kadena and many Japanese and American bases in between.

The festival is open from 9 a.m. to 9 p.m. each day with fireworks capping off this year's festival Aug. 21 at 8:30 p.m.

Limited parking and road closures will occur around the festival area. Community members are encouraged to walk or bicycle to the event.

COLA rates to drop in bases across Japan

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Yokota Air Base will see a reduction in their Cost Of Living Allowance.

The base will see these changes along with Camp Zama, Atsugi, Iwakuni, Kure, and Sasebo.

According to Department of Defense Per Diem, Travel and Transportation Allowance Committee, the base will see a reduction of two points in COLA on Sept. 1 and two more points Oct. 1.

COLA is an allowance paid to service members stationed in high-cost areas to supplement their ability to purchase

similar goods and services overseas as in the United States.

"The major factor was the Living Pattern Survey that was completed by all Japan-based military service members in February 2005, which was followed by a Retail Price Survey in April 2005," said Genevieve Henderson, budget analyst for U. S. Forces-Japan.

The Living Pattern Survey identifies the local stores service members typically shop and the percentage they buy from the commissary and exchange. The information is used in a market basket survey each year to obtain the prices on 120 goods and then compare those prices of equivalent

goods and services at the same point in time in the United States.

Yokota is listed as being 34 percent more expensive than the states. The reduction of four points will put the base at 30 percent more expensive.

"The main factor is the amount of shopping done in on-base facilities," said Capt. Brad Warnick, financial services officer here. "In general, the higher the proportion of on-base shopping, the lower the COLA index."

For more information on the COLA rates changes, visit <https://secureapp2.hqda.pentagon.mil/perdiem/allowcol.html>.

Airmen receive GWOT-S medal

The Air Force chief of staff has approved the Global War On Terrorism Service medal to Airmen who have served after Sept. 11, 2001.

Active duty, Reserve and Guard members can wear the medal if they have served 30 days consecutively or 60 non-consecutive days.

Airmen will see an automatic update by the installation military personnel flight or by the Air Force Personnel Center. If Airmen who believe they are authorized the medal under the criteria above however do not receive the update, they should visit the wing MPF's career enhancement section or the awards and decorations section.

Airmen who have only recently joined the Air Force will be awarded the medal after they meet the criteria.

Air Force members do not have to complete an AF Form 104 to qualify for the medal.

The medal is available at Army and Air Force military clothing sales stores. It is in the Defense Supply System. There are no devices attached or authorized for the medal.

For more information, call the wing military personnel flight at 225-7228.

(Courtesy of Air Force Personnel Center)

AD

Readiness: *Everyone's responsibility, everyone's top mission*

By Lt. Col. Richard Peterson
374th Logistics Readiness Squadron

After taking part in the exercise in July, I have to admit I am pumped up over the subject of readiness and how well Yokota executes its wartime mission of deploying personnel and equipment, and receiving forces.

During the exercise I had a ringside seat within the hub of the mobility machine. I am pleased to report to you that we have great Airmen within our midst, who ensuring Team Yokota exceeds in our ability to meet any tasking, in peace, war or during a crisis.

Although they come from every group and squadron across the wing, they come together as one team to meet the responsibili-

ties levied on them in a time critical manner.

We are only able to perform this mission because our Airmen and their families are ready.

What does "readiness" mean? From my perspective, it means Airmen properly trained and equipped for the piece of the mission they are responsible for, and families prepared for the long hours our Airmen must endure to meet the challenges associated with exercises and real world events.

Just last week I observed many Airmen selflessly put in 12 to 18 hour days to ramp-up the mobility process – and they were prepared to give more if need be. That kind of dedication was on display every where I looked.

From the communications squadron reacting immediately to repair equipment to security forces and maintainers leaning forward to make sure their pallets of equipment were ready to be airlifted on a moments notice.

Yet during the exercise and in daily life, we have Airmen who fail to ensure they are ready.

When an Airman doesn't have dog tags, current shot records, an incomplete family care plan, training needs, outdated wills and other unmet requirements not met, they impede mission success.

Why? Simply put, to fix an error in a pallet of equipment or get someone mobility ready means expending extra resources, manpower or time.

Yokota has a big mission. We

must be able to meet our wartime taskings, provide Airmen and equipment to support deployment rotations. We also support contingency operations like January's tsunami relief effort, participate in joint exercises, lend a hand during United Nation operations, and prepare for an operational readiness inspection in March.

You could say we have a Herculean mission – for our mighty Herk readers – and to succeed in an outstanding fashion we must all be current in our training requirements, know our wartime tasks, and secure our family matters. After all, readiness is everyone's responsibility and should be everyone's mission.

Make sure you are ready!

Remember to put 'people first, technology always'

By Senior Master Sgt. John Millington
374th Communications Squadron

The resounding applause echoed through Quesada Hall at the First Term Airman Center graduation, Langley Air Force Base, Virginia. Four months ago, I couldn't help but notice the beaming faces of the Airmen and the pride of co-workers, family and friends.

I savored each moment of the ceremony, mindful of the guest speaker's words: "So let's take a look at where you have been and what future training you'll receive." I listened intently, while viewing the visual aids displayed on a huge screen behind the speaker. It occurred to me how the remarkable changes of technology have altered the behavior of leadership and how the Air Force conducts business.

Today at Yokota and around the Air Force, many of us tend to spend so much of our work day either processing information or in training on the computer that there is the danger for further alienation from our Airmen. The key here is to create a balance between technology and interpersonal relationship with our subordinates. Technology should not be utilized at the expense of the most precious commodity: the human factor.

The Air Force uses IT-based communication to interconnect the next generation's tools

and equipment but leaders should not rely totally on e-mail for contact with their subordinates. Although e-mail is a very valuable tool, it cannot replace the personal touch. Despite the fact that we have to transmit, retrieve and manipulate computer data to get the job done, leaders should foster a conversation to ensure that the details of an e-mail message are fully comprehended. Supervisors must help to stimulate the technology shift in a time-sensitive work environment.

Initially, we checked our inboxes at the beginning of the workday and then at the end of the workday. This system has changed drastically with more reliance on the computer. Now, we check, read, and reply throughout the day. The efficiency of this new system does not preclude increased tensions in the workplace. It is not coincidental that stress levels and possibly disciplinary problems in the military have increased lately. We no longer use old analog equipment; everything is electronic or digital, speed has become the code word.

The question is: Why are so many Airmen not receiving detailed or timely feedback?

Technology has to be used wisely and certainly not at the expense of oral communication and one-on-one contact among the ranks. Our Airmen need our attention and we

need their support. The computer can inform but we, as leaders, must motivate and acknowledge our men and women through contact. We must ensure that tomorrow's leaders are trained to recognize the importance of technology but balanced by personal contact with their subordinates.

As Air Force leaders, we must confront this problem of reduced personal contact with our subordinates and peers. Although dependable secondary and tertiary backup systems exist, we have come to rely heavily on the IT explosion, including cell phones, e-mail, voice mail, video teleconferencing, and more. There is a high operational tempo and stress levels are equally high. By improving contact, morale will be enhanced and leaders will have a better understanding of their support staff. Perhaps, most important of all, personal contact will ensure you observe the right nonverbal cues. Confronting this issue early will improve your leadership skills and streamline it in conjunction with the advancing IT transformation.

As we press forward into the rapidly-changing technological world where software continues to evolve, the human interaction of leadership is critical to the success of the Air Force. It will be to our benefit to adopt the slogan "People First, Technology Always."



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Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.



Col. Scott Goodwin
374th Airlift Wing commander

Q Sir, some individuals here do not slow down and yield to pedestrians as re-quired by Japanese law. I am concerned there is a lax attitude toward driving rules and safety. In fact, on July 6, I was almost hit while using a crosswalk on base.

A I am disappointed to hear about there multiple incidents where drivers on base refuse to stop for pedestrians in crosswalks. Not only is this a matter of poor judgment, but it is also against the law. And this law shouldn't come as a surprise to any of us, because it is also the law back in the United States. We all know what is right – let's ensure we keep safety foremost in all our activities.

DUI Prevention

July 27 – Aug. 2	0
Total DUIs in July	1
Total in 2005	6

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Servin' up Success

Base dining facility offers fresh ideas, mission-focus

By Airman 1st Class Katie Thomas
Editor

The Samurai Café wants your business.

With a mission that calls for around-the-clock staffing every day of the year, the dining facility is seeking to please its customers and draw more Airmen to its services.

Sam Sansone, food services officer for the facility, breaks down the mission to his Airmen like this, "Give the troops what they want. The troops are happy. Happy troops get the mission done."

Master Sgt. Robert Boettner, dining facility manager, said he agrees with Mr. Sansone. "Our top priorities are to train for the military mission and support the Airmen living in the dorms. I want to do everything in our power to get the troops what they want to see at the dining facility."

A meal planning board is held once a quarter to help the dining facility know the desires of its patrons. Sergeant Boettner said he encourages Airmen to offer ideas and comments through the comment card box located there or by visiting him directly during breakfast or lunch hours.

Patrons will see a new line of 100-percent fruit juices as a result of these avenues, and they have already seen the introduction of novelty ice creams.

But the dining facility here wants to provide more than just four nutritious meals a day to its more than 600 patrons.

"We want the dining facility

to be a relaxing and comfortable environment that Airmen want to eat at," explained Mr. Sansone.

This has been put into action through recent additions including interior décor renovations. The facility is fashioning its rooms into Samurai-themed and a Fuji-themed spaces. A foosball table is also available for entertainment, and patrons can anticipate a cyber café with both LAN and wireless access coming soon.

The facility also wants to save Airmen money, explained Mr. Sansone.

"Right now Airmen eat only one meal a day here, which has been a trend since at least 1998," said Mr. Sansone. "If they would only eat one more meal per day here, Airmen could save approximately \$3,300 a year."

Another important part of the food services mission is the flight kitchen, which provides 100 meals per day to aircrew members and passengers. The facility also opens its line especially for aircrews from midnight to 5 a.m. if flight plans fall within that time.

The dining facility is open during the week for breakfast from 5:30 to 8 a.m., for lunch from 11 a.m. to 1 p.m., for dinner from 4:30 to 7:30 p.m., and for midnight meal from 11 p.m. to 1 a.m. During the weekend, it is open for brunch from 7 a.m. to 1 p.m., for dinner from 4:30 to 7:30 p.m., and for midnight meal from 11 p.m. to 1 a.m.

To hear the day's lunch and dinner entrees, call the Samurai Café's hotline at 225-8022.

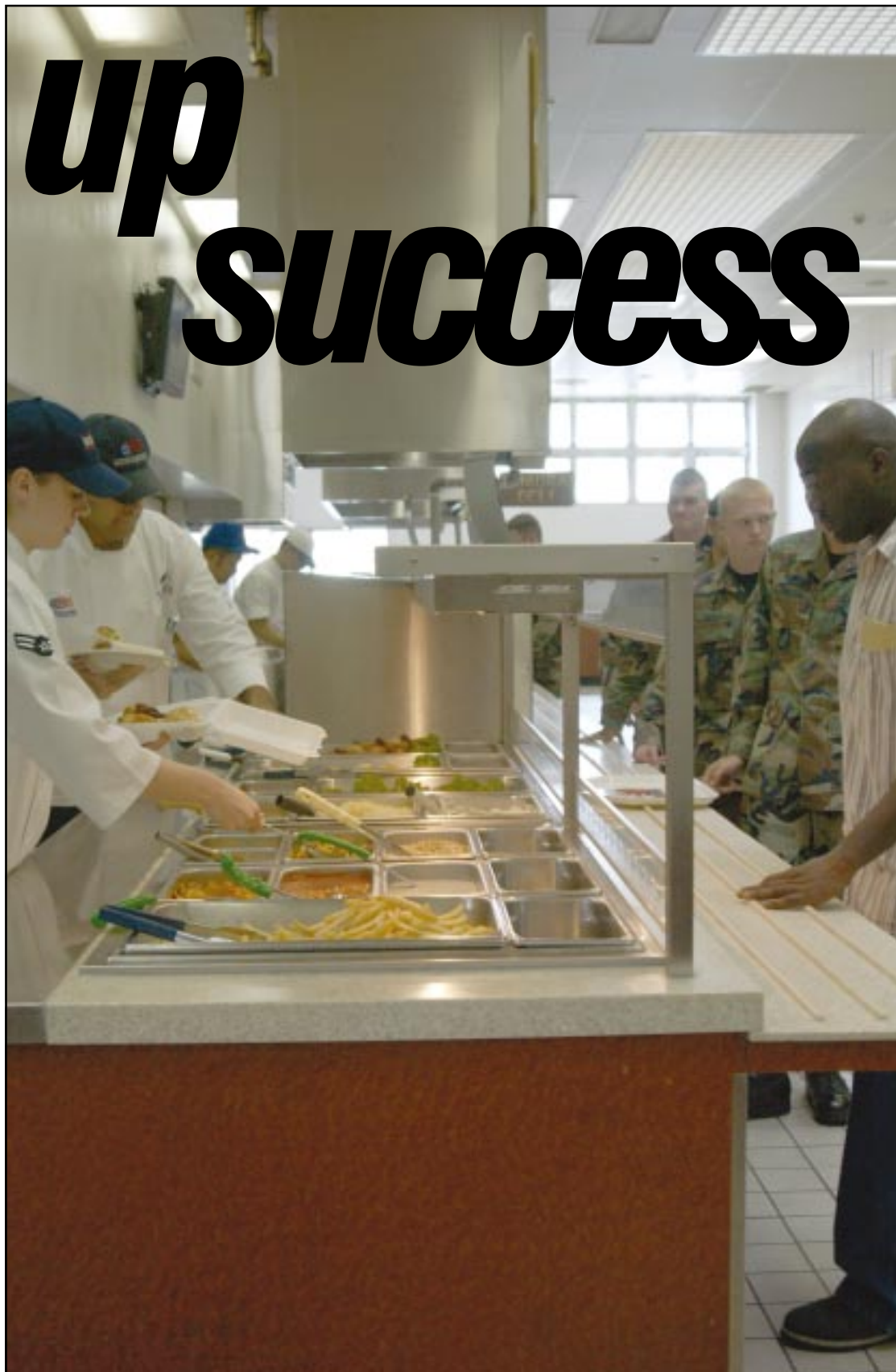


photo by Airman 1st Class Katie Thomas

Lunch takes second as the largest meal served each day at the Samurai Café, the base dining facility. With more than 200 patrons, dinner takes the top spot on the facility's list. The facility is staffed by 24 Japanese Nationals and 19 military members who serve approximately 600 meals a day during four mealtimes. Patrons can check out the daily lunch and dinner menus by calling the new Samurai Café hotline at 225-8022.

AD

Off base

Fussa Tanabata Festival: Community members are invited to experience dancing, traditional food and more at this annual festival Aug. 4 through 7 in downtown Fussa.

Bon Odori Festival: Camp Zama is hosting a traditional Japanese celebration Saturday from 11 a.m. to 9:30 p.m. The event includes presentations from more than two dozen dance groups, a Taiko drum concert, and a fireworks display. Call 263-5995.

Yokosuka Kaikoku-sai: This festival is held Saturday from noon to 9 p.m., and Sunday from 10 a.m. to 8 p.m. It celebrates Japan opening its gates to foreign countries with Adm. Perry in the 1800s. The festival is a 15-minute walk from the JR Yokosuka Station.

Seiseki Tamagawa fireworks: About 2,500 fireworks will be released Wednesday at Ichinomiya Park near Tama Hills from 7 to 8:30 p.m. It is near the Keio Line's Seiseki-Sakuragaoka Station.

Tokyo Bay fireworks: More than 12,000 fireworks will be released Aug. 13 from 7 to 8:20 p.m. at Harumi Pier. It is a 30-minute walk from the JR Keiyo Line's Koshi-nakajima station.

Okutama fireworks: About 1,000 fireworks will be released from Atago Mountain Aug. 13 from 7:45 to 8:30 p.m. The area is just outside JR Ome Line's Okutama Station.

Iruma City summer fireworks: More than 1,800 fireworks along with a memorial ceremony will be held Aug. 15 from 8 to 9 p.m. It is located 10 minutes from the Seibu-Ikebukuro Line's Fusshi Station.

On base

Movies

Today – *The Island*, PG-13, 7 p.m.; *Cinderella Man*, PG-13, 9:30 p.m.

Saturday – *Madagascar*, PG, 2 p.m.; *Sisterhood of the Traveling Pants*, PG, 7 p.m.; *The Island*, PG-13, 9:30 p.m.

Sunday – *Madagascar*, PG,

2 p.m.; *The Island*, PG-13, 7 p.m.

Monday – *The Island*, PG-13, 7 p.m.

Tuesday – *Sisterhood of the Traveling Pants*, PG, 7 p.m.

Wednesday – *The Island*, PG-13, 7 p.m.

Thursday – *Cinderella Man*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Outages

The following buildings will experience a power, cooling and hot water outage Aug. 10 from 10:30 a.m. to 3 p.m.: 1238-1240, 1243, 1245, 1247, 1249, 1265, 3050-3052, 3056-3078, 3301-3310, and 3321-3323. The Taiyo Recreation Center will experience a cooling outage Aug. 10 from 11 a.m. to 5 p.m. The west housing area will experience a hot water outage Aug. 10 from 11 to 5 p.m. Call 225-7440.

Variety show

The base youth centers are holding a variety, talent and fashion show in honor of National KidsDay Saturday from 2 to 4 p.m. at the Taiyo Recreation Center. Families are encouraged to attend.

Ceremony

Community members are invited to attend a cake-cutting ceremony at the commissary Aug. 19 beginning at 2 p.m. to recognize women in the military. Participants should reserve a seat by Aug. 10 by calling 225-8585.

Education

The University of Maryland University College begins Term I class sign-ups Monday through Aug. 12. Call 225-8922.

The University of Oklahoma is offering an on-site graduate program here. Application for admission is ongoing. Registration is 30 days prior to each class session. Classes are only one week long. Call 225-3869.

The University of Phoenix is

offering management and education programs here. Students can complete an application free of charge for a limited time. Call 225-2496.

Central Texas College is holding registration for Term 1 Monday through Aug. 12. The term is Aug. 15 to Oct. 8. Call 225-9133.

Auditions

The Yokota Players* is holding auditions for the musical "Guys and Dolls" Aug. 12 from 6 to 9 p.m. and Aug. 14 from 5 to 8 p.m. at the Family Support Center. Callbacks will be held Aug. 17 from 6 to 9 p.m. E-mail michelledavidjapan@yahoo.com.

Sponsors needed

Yokota West Elementary School is seeking sponsors for its new teachers. People interested in becoming a sponsor can attend a meeting Wednesday at 11:30 a.m. at the Officer's Club. E-mail jacob.dowdell@pac.dodea.edu or call 225-7611.

Flea market

The Yokota Enlisted Spouses Club* is hosting a flea market August 13 from 8 a.m. to 1 p.m. behind the Kanto Lodge. Community members can reserve a table for \$20 and additional tables at \$5 each. E-mail escfundraiser@yahoo.com or call 227-3373.

Staff sergeant social

Route 56* is sponsoring a staff sergeant promotion social Aug. 12 at 3:30 p.m. at the Enlisted Club to celebrate Yokota's new staff sergeant-selects. The event is open to all Yokota members. The uniform is BDUs for staff sergeant selects and uniform of the day for all other attendees. Call Barry Jackson at 225-7563 for more information.

Honor Guard

The base honor guard is holding a seminar Aug. 22 through 26

Samurai Warrior



of the Week



Tech. Sgt. Keith Williams

Tech. Sgt. Keith Williams, 374th Aerospace Medicine Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of sympathy toward all people, politeness and respect for etiquette, absolute loyalty to his superiors, and a duty to defend the honor of one's name and guild.

As an Honor Guard member, he was an excellent representative of the squadron during the assumption of command ceremony for their newly assigned commander.

Additionally, his commitment to excellence and professionalism was evident in the performance of his duties as acting squadron superintendent. Furthermore his duty section scheduled 599 preventive health assessments, ensuring Yokota remained the Pacific Air Forces leader for Individual Medical Readiness.

from 5 to 6 p.m. in the bottom of Tower 2000. Officer and enlisted servicemembers interested in for joining the guard are encouraged to attend the seminar. E-mail yokota.honorguard@yokota.af.mil.

Give parents a break

This month's session is Aug. 20 from 1:30 to 5:30 p.m. Families must sign up by Aug. 12 at the Kibo Child Development Center. Call 225-8860.

Shrine sale

The Yujo Recreation Center is hosting a shrine sale Aug. 13 from 9 a.m. to 3 p.m.

Arts and crafts

A bookmaking class for youth age 9 and older is scheduled for Thursday and Aug. 18 from 10 to 11:30 a.m. at the base arts and crafts center. The cost is \$12 per session. Call 225-7837.

Japanese gift-wrapping classes are scheduled throughout August

including bamboo-shoot and diagonal wrapping. The cost is \$12 per session or \$40 for four sessions. Call 225-7837.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical/Lutheran service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Call 225-7009 for more information.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

“I’d rather be a football coach. That way you only lose 11 games a year.”

Abe Lemons,
college basketball coach

Golf: The Par 3 is hosting adult moonlight golf tonight from 9 to 11 p.m. It is open to single Airmen age 18 and older. Family moonlight golf will be Aug. 27 from 7 to 10 p.m. at the Par 3. Call 225-8815.

Outdoor Rec: The Outdoor Recreation Center is hosting the following trips: downhill mountain biking at Fujimi Panorama August 17; advanced lure-style ocean fishing at Odawara Aug. 24 from 3:30 a.m. to 5 p.m.; beach trip to Shimoda area Aug. 27 from 4 a.m. to 8 p.m. Call 225-4552.

Soccer: A soccer skills evaluation is being held at Darling Field Aug. 8 from 5 to 7 p.m. for players age nine to 10, Aug. 9 from 5 to 7 p.m. for ages 11 to 12, and Aug. 10 from 5 to 7 p.m. for ages 13 to 15. Call 225-7021.

Bowling: A men and women nine-pin no-tap tournament is Aug. 20 beginning at 4 p.m. at Tomodachi Lanes. The cost is \$15 per person. Call 225-7191.

The Air Force Sergeants Association* is hosting a bowlathon at Tomadachi Lanes Aug. 12 beginning at 11:30 p.m. The cost is \$5 per person with five-person teams. Call 225-7010.

Road relay: Camp Zama is hosting its 16th annual Ekiden road relay race Oct. 2. SOFA-status personnel are invited to participate for free. Runners can choose one of three categories to participate in. Registration ends Aug. 15. Call 263-7980.

Airman takes ‘Fit to Fight’ to heart

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Airman 1st Class Ashley Bryant is putting a twist on “Fit to Fight” and is striving to push her boundaries by powerlifting.

Airman Bryant, a native of Tulsa, Okla., got into powerlifting her senior year of high school through junior ROTC.

“The sergeant in charge of our JROTC unit got us a deal at the local Gold’s Gym,” said Airman Bryant. “A guy there said I looked like a powerlifter and started training me from then.”

In a little over a year, Airman Bryant has competed in two events and has set personal records both times.

Recently at the Summer Bash powerlifting event in Willowbrook, Ill., Airman Bryant took first place in her weight division.

“I set my new personal bests in squats, bench press and deadlift,”

said the Airman. “I did 248 lbs. for the squats, 154.2 lbs. bench press, and 281 lbs. in the deadlift.”

Airman Bryant is trying to keep progressing in the sport she loves. She trains four days a week at the Natatorium with a personal trainer to push her to new heights.

“I work out about an hour to an hour and half,” said the Airman. “I do deadlifts on Monday, bench press on Wednesday, squats on Friday and accessory work on Sunday.”

“I am going to try to deadlift 300 lbs. on Monday,” said Airman Bryant. “If I do clear it that means I can deadlift more than twice my bodyweight.”

Airman Bryant is hoping to take powerlifting as far as possible.

“I like doing something I enjoy,” said the Airman. “I hope to go as far as I can with powerlifting and hopefully open up my own gym one day.”



photo by Marita Blanken

Airman 1st Class Ashley Bryant, 374th Airlift Wing command post, squats 248 lbs. during the Chicago Summer Bash 2 in July.

Rainy season brings winged pests

Insect repellent, clothing help keep mosquito bites at bay

Rainy season has come and gone, but the bugs it brings are still with us.

Fortunately, the Kanto Plain is currently free of mosquito-borne diseases.

Unfortunately, even though mosquitoes in the area don’t carry diseases, they still like to bite people.

Even a short time being outdoors can be long enough to get a mosquito bite. Always follow the recommendations appearing on the product label when using repellent including:

- When using repellent on a child, apply it to your own hands and then rub them on your child. Avoid children's eyes and mouth, use it sparingly around their ears.
- Do not apply repellent to children's hands.
- Do not allow young children to apply insect repellent to themselves; have an adult do it for them.

- Keep repellents out of reach of children.

- Do not apply repellent under clothing. If repellent is applied to clothing, wash treated clothing before wearing again. Community members should check the product label for specific instructions.

Community members can apply insect repellent containing DEET (also known as N,N-diethyl-meta-toluamide) to exposed skin when outdoors.

When possible, wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or DEET will give extra protection. Community members should not apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing.

The hours from dusk to dawn are peak mosquito biting times for many species of mosquitoes. Community members should take care to use repellent and protective clothing during evening and early morning.

Mosquitoes lay their eggs in standing water. The community can limit the number of places around homes for mosquitoes to breed by getting rid of items that hold water.

Some mosquitoes like to come indoors. Keep them outside by having well-fitting screens on both windows and doors.

The Centers for Disease Control and Prevention offers some tried and true advice on how to avoid mosquito bites. Visit <http://www.cdc.gov>.

If there is a mosquito or other insect problem in your area, call Public Health at 225-4361 or Pest Management at 225-9619. (Courtesy of 374th Medical Group)

AD